



C O U N C I L
O N A G I N G
Needham

Hi Everyone!

Hope everyone is well and enjoyed the beautiful weather that mother nature delivered.

Aicha does not have access to her computer for a bit so we are just sending an abbreviated update so that you have tomorrow's schedule. We are sorry to make it brief but surely Aicha will have more to share when she returns.

Remember that the Center Staff is here for you. Please email Aicha or call the Center @ 781-855-3629 for Katie.

Now for some updates!

NEWS/UPDATES

Gov. Baker was in Salem today where he urged people to continue their efforts to prevent the spread of COVID. He also said that Halloween trick or treating will need to be a community decision made by local officials based on local virus data. Don't put your costumes away just yet! Let's take a look at Needham's COVID update:

Local COVID Update:

[Needham COVID cases increasing, change risk to 'yellow'](#)



COVID-19 hospitalizations rise for third straight day as Mass. reports 454 new cases »

REMOTE PROGRAMMING

2 DIFFERENT SURVEYS!??

Reminder: Anyone who participates in our Remote Fitness Programs, if you would please fill out this form / survey for **each** fitness program you have taken. It will help for funding and more. There are just 10 easy questions and then you hit "submit."

Here it is: [Center Fitness Program Survey](#)

A NEW ONE!!

Anyone who participates in our **Remote Special Programs** such as Joy's Nature Programs, Talk the Walk, Current Events, Ron's History and Movie Discussions, Neil's Mindfulness, etc. (basically anything that isn't Fitness) please fill out this form/survey. This will help with funding as well as letting us know what other programs you want. Please remember to hit "SUBMIT." Thanks!

Here it is: [Center Special Program Survey](#)

NEW!!

Topic: **Showa Boston Students Pen Pal Program***

Time: **Weekly**

To Become a Pen Pal: email Aicha.akeley@needhamma.gov

*We are continuing our great partnership with the Showa Boston School. (<https://showaboston.org>) Anyone who wants to

help out, please send Aicha an email and we will connect with a student from Japan. Each week my contact will send out a weekly theme. The Japanese Students are happy to share some things about Japan and we can share things about the US of A. For example, sharing a picture of your hometown and write about it or tell how you got your name. The student and senior can either write an email or send a short video! This is a great way to learn about another culture and make a friend. It is also extremely helpful to the students. Send me your email today to join in the Pen Pal Program. (Also noted that it is very tech-safe.)

DAILY

Topic: **One - on - One Sessions with a Personal Trainer***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: Email me or call the Center Line at 781-855-3629

Cost: \$50 per hour (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)

* We are now offering Personal Training Sessions with Stephen and Lisa Cadigan - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in - person while socially distancing) is best for your needs during COVID 19. This sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

WEDNESDAY

Topic: **Wake up and Drum with Joe!* (\$50)**

Time: **Wednesdays, October 7 @ 9AM**

To join Meeting: **[Click here](#)**

Meeting ID: 4050865832

Password: 5TnSmM

**Joe always brings laughter, stories and yes, music!! We will be waking up and having a virtual drum circle. Project Resiliency says of drumming together, "Drum Circles also provide an opportunity for participants to feel connected with others and gain a sense of

interpersonal support. A drum circle provides an opportunity to connect with your own spirit at a deeper level. Group drumming alleviates self-centeredness, isolation and alienation.” So roll out of bed, grab a pail, empty coffee container, a table top and join us drumming!

Topic: **Cath Coffee Hour**

Time: **9:00 - 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 409 252 1447

Password: 12345

Join our Kristen for a time to socialize, catch up, see familiar and new faces and just talk. Anything is up for discussion in this friendly Coffee Hour! Pour a cup and join us!

Topic: **DanceFitness with Showway**

Time: **Wednesdays, 9:20-11:00 am**

- 9:20 am : sound check and meet time for class
- 9:30 am : Line Dancing
- 10:00 am: Nia Class

To join Zoom Meeting **Click here**

Meeting ID: **822 2741 6903**

Passcode: **916946**

*Showway is just the best!! Join her in your living room as we do Line Dance followed by Nia/Latin music inspired dance fitness. Participants need to start their Zoom at 9:20am to do a sound check with the instructor. The schedule is 9:20-10am: LineDance & 10:00-11 am: Nia class. Please bring water and set up a chair / yoga mat for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

Topic **Opinion History with Ron* (TIME CHANGE!)**

Time: **Wednesdays, 2020 @ 1:00 PM**

To join Zoom Meeting [Click here](#)

Meeting ID: **861 2520 8844**

Password: **672425**

*Look who's back!! Ron! Did you have a hard time in history class? Was it a mass of memorizing a continuous batch of presidents, kings, and battles that felt meaningless and you forgot all about them very quickly. This course is very different. First, there are no right answers.

Second, there are only your opinions.

Third, I am the moderator. I do not have an opinion. I want to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. I will not try to sway you by giving you material to study. GOOGLE, GOOGLE, GOOGLE and THINK!

Theme for the day:

Topic: **Words of Wisdom Discussion Group***

Time: **Wednesdays, 2020 @ 12:00 PM**

To join Zoom Meeting **Click here**

Meeting ID: **409 252 1447**

Password: **12345**

*Join Kristen in her weekly discussion group. They had a great group last week. Anything is up for a discussion and chatting about simpler times, getting through these times, and just being together. She loves new faces so stop by!

Topic: **PIIT with Lisa and Stephen (Personalized - Intensity Interval Training)***

Time: **Wednesdays, 2020 @ 1:00PM**

To join Zoom Meeting **Click here**

Meeting ID: **859 4613 1521**

*Today, one of the most popular trending fitness classes in the mainstream fitness world is "High Intensity Interval Training." Our fitness crew, Lisa and Stephen have put together a version of this for our Center participants: Personalized - Intensity Interval Training. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance. This is more personalized and geared towards individual levels.

Topic: **Exercise with Ease***

Time: **Wednesdays, 2020 @ 1:00PM**

To join Zoom Meeting: [Click here](#)

Meeting ID: **254 025 0890**

Passcode: **443362**

*Join one of our fan favorites, Laila for a total body, low impact strengthening and stretching class to improve strength, joint mobility and decrease muscle tightness and stiffness. Please have hand weights (or alternative resistance "equipment"- cans or small water bottles) and mat for class.

TeleFun Calls with Perkins Library

Wednesday, October 7 · 1:00 – 2:00pm

**To pre-register for the fun: Contact Beth: 617-972-7241 or email Elizabeth :
Elizabeth.White@perkins.org**

The Perkins Library is proud to present a new outreach program called "TeleFun Calls". These are recurring scheduled programs happening every week, patrons can call a special toll free number and enter a special meeting ID to be connected with other Perkins Library patrons from across the state. There are activities scheduled for almost every day, games like Trivia, Name-That-Song, and Family Feud.

Topic: Interactive Film Discussion: Rat Pack 2

Wednesday, October 7 · 2:00 – 3:00pm

To Join Zoom Meeting: [Click here](#)

Meeting ID: **837 0117 8133**

Passcode: **069393**

Women! Empowered Health, Empowered You. Self-Care is Not Selfish: Virtual Cooking Class: Self-Care Through Mindful Cooking and Eating

Wednesday, October 7 · 7:00 – 8:00pm

To preregister for Zoom Meeting: [Click here](#)

*This health event celebrates women's health and well-being. Join Drs. Kimberly Parks and Umadevi Naidoo of Synergy Private Health for an interactive evening of virtual cooking in their state of the art kitchen facility. Recipes and list of needed cooking tools will be emailed to registrants. Hosted by the Mass General Cancer Center at Newton-Wellesley Hospital

Let's Laugh Today Zoom Laughter Club

Wednesday, October 7 · 7:15 – 8:15pm

To join meeting [Click here](#)

Password: **014657**

*Laughter is the best medicine so join this fun-loving crew to end the day with laughs and love! Anyone can do these easy, healthful breathing techniques along with simulated laughter that always seems to turn into real laughter! All ages and levels of physical ability are welcome. There are no fancy poses and no jokes or comedy is involved. There's plenty of free parking at all our venues. Since laughing is dehydrating, please bring your water bottle.

Topic: COVID-19. The Real Science

Wednesday, October 7 · 7:30 – 8:30pm

To learn more and to join: [Click here](#)

*How can we end a pandemic? When will we have a vaccine I am willing to take? Who will get it first? Presenters include: Ofer Levy, MD, PHD, Boston Children's Hospital, Harvard Medical School. Michael McGovern, Chair, Rotary International PolioPlus Program. Thomas Tsai, MD, MPH, Brigham and Women's, Hospital; Harvard T.H.Chan School of Public Health. Join a panel of experts who will explain what is going on and answer your questions.

*** You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.*